

ABSTRACT OF THE DISCLOSURE

METHOD AND APPARATUS FOR ASSESSING HAND STRENGTH

An apparatus for assessing a person's hand strength including means for engaging the hand. The apparatus including means for determining the strength of the hand based on a twisting action with the hand of the engaging means relative to the determining means. The engaging means is connected to the determining means. A method for assessing a person's hand strength including the steps of gripping a first object having a first diameter with the hand by the person. There is the step of twisting the first object with the hand. There is the step of measuring torque with a torque sensor, connected to the first object, of the object as it is being twisted by the hand.